

RESPECT WOMEN

Women should have a respectable place, the male-dominated society should have respect for her, women should not be considered less than themselves. Mother is the most respected form of woman on earth, mother who is considered more than God, then the respect of mother should not be allowed to decrease. It is believed that by increasing their percentage in education, automatically women will be able to play a leading role in all types of services of the country. There are many such institutions in our country, which are trying to bring awareness about education and rights among women. Today's woman is performing double responsibility by studying and writing apart from housework. Doing housework and job is the work of the right hand for a woman. Then why doesn't a man understand that a woman who gives her whole life for her home, her children and her family. So respect him and not insult him! Women are the form of Goddesses so accept her as it is. Do not act in such a way by lowering your mentality that there is no scope for justice and forgiveness, such fall-en people will have to change their mentality.

Western music icons targeting GEN-Z

■ AYANA GANDOTRA

The western music industrial complex is accomplishing the exact opposite of what they intend to and its not very "radical". The western music industry exactly knows its fragile throne of influence is on the precipice of irrelevancy. On a relatable context , music is something that we , the gen-z consume to feel things , to escape the ordinary , tune out the world and feel less overwhelmed about our ever changing emotions. The western music if we talk about rather than undermining an artist's influence , they end up validating it. Its very rightly said that its the audience that makes and breaks you. The icons today tend to make music , beats , write lyrics which they know exactly what will target the corrupted , in sync minds of the young people. They know exactly what nerve to hit which is commendable market strategy and a journey to make them "icons". A radical new wave of artists are sweeping the previously elite world of classical music but the generation - z solves it all . Through social media , young classical artists have been making use of the digital realm's democratic potential to lift the heavy velvet curtains on their art form , presenting classical music and its storied history in ways that are accessible , unintimidating and most importantly fun. For French violinist Esther Abrami - who has more than 250,000 followers on Instagram , more than 380,000 on tik tok , was the first classical musician to be nominated in the social media superstar category at the global awards - the journey to social media fame stemmed from a desire to share her passion more widely . With a young population in Africa {70% under 35} and expansion of wifi and technology . Music biz is exploding for sure with African influence on western music , it has had such a large influence on pop music all over the world think shape of you, rolling in the deep. African artists have been equally influenced by western music In the end its all a harmony of one big happy pot right?

I would really want to talk about one of my favourite, the gen-z legend "Olivia Rodrigo" who gained popularity among the young people overnight by just being "relatable". Her life changed in just one week after she released her debut single , drivers license which went straight to the number one in UK and US charts. Her debut album sour enters on adolescence , failed romance and heartbreak . Its title referring to the "sour" emotions young people experience but are often criticised for such as anger , jealousy and unhappiness. I would like to conclude by quoting "GEN-Z is the changing social landscape Marketers better take note or they won't keep up".

Bharat won't allow the misuse of INDIA

■ NARVIJAY YADAV

The upcoming 2024 parliamentary elections are going to be exciting. The country is on the path of development. The expansion of highways and expressways during this period is unprecedented. Digital modes of transactions have made people's life easier. The means of telecommunication and internet data are as affordable as they have never been before. Our country is moving towards becoming the new Superpower of the world. After all this, it becomes necessary that this chariot of development continues to run at the current speed. This has been possible because of a corruption-free government with an absolute majority in the House. It is obvious that a 'klichdi sarkar' cannot give all this to the countrymen. If 26 people are using a single sheet, there will be a tussle. The Opposition parties are happy by naming their sheet as INDIA, but they do not know that no one person or organization can have authority over India. Has this name been adopted after consulting India? Have the countrymen allowed this misuse?

India is the name of this nation and the nation belongs to the 1.4 billion people. No one can claim his rights on this name. The one who does this will face the music. India will give a befitting reply to this idea, let the day of polling come. I believe that you cannot drag the name of the country in your petty fights and squabbles. No nationalist Indian citizen will tolerate this cheap joke, just let the elections come. Then watch the spectacle. Most of the names in this group of 26 are involved in corruption cases, some are out on bail and some are facing legal cases, while some others are under investigation. How can such tainted individuals or parties be recognized in the name of the nation? And which true Indian would allow this to happen? With the kind of cheap words used during the poll campaigns by these political parties, you can easily guess what is going to happen to the dignity of the word INDIA.

Earlier also a political party was successful in keeping Indians poor for decades by giving the slogan of Garibi Hatao. A leader of the same party had publicly accepted that one rupee sent from the Center gets reduced to ten paise by the time it reaches the beneficiary. This 'leakage' does not happen nowadays, as the entire amount directly reaches the bank accounts of the beneficiaries. Linguistically, even the word India is a symbol of English mentality, while the other camp emphasizes Bharat, promotes Hindi at global levels, and speaks to the heart of Indians. It is not enough just to use a tricky name or slogan to persuade voters, the person or the party must have integrity, honesty, truthfulness, grassroots-level connection with the people, and patriotism, to succeed. However, from an advertising and communication perspective, calling the group INDIA is a brilliant idea and a dangerous strategy. But it remains to be seen how much the countrymen will be able to digest this psychological play.

(The writer is a senior journalist and columnist).

AIIMS Jammu's Bone Bank: Revolutionizing Orthopedic Treatment through Safe and Sterile Bone Grafts

■ DR.SABARATHINAM.R.SUBRAMANIAM



In a significant stride towards enhancing orthopaedic care, the All India Institute of Medical Sciences (AIIMS) in Jammu is poised to establish a groundbreaking Bone Bank. This cutting-edge facility will serve as a hub for collecting, processing, storing, and distributing bone grafts, facilitating transformative reconstructive surgeries for patients in need. With meticulous attention to safety and sterile protocols, AIIMS Jammu's Bone Bank is set to revolutionise orthopaedic treatments and restore hope for individuals seeking improved mobility and quality of life.

Understanding the Significance of a Bone Bank in Orthopedics:

A bone bank, also known as a musculoskeletal allograft bank, plays a pivotal role in orthopaedics by providing a reliable source of bone grafts for various surgical procedures. These grafts are essential when a patient's bone (autograft) is inadequate or unsuitable for transplantation. Bone banks bridge this gap by offering safe and sterile bone grafts, ensuring the success and longevity of reconstructive surgeries.

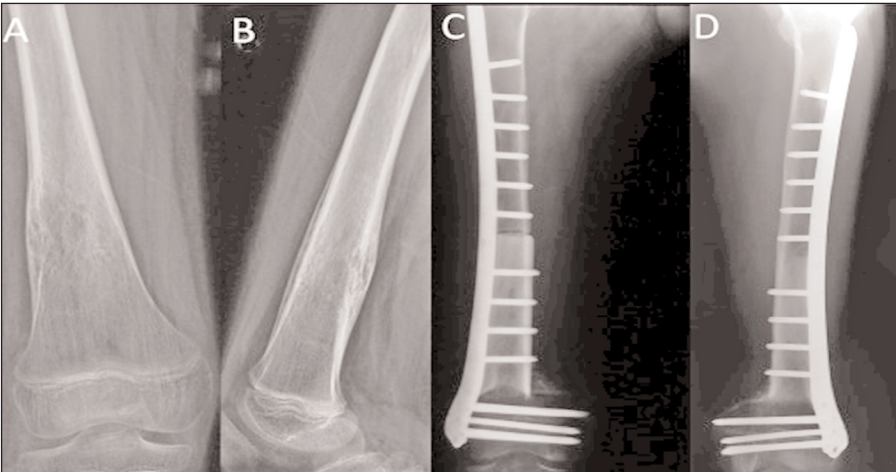
The Process of Bone Donation and Preservation:

The bone donation and preservation journey begins when individuals express their desire to donate their bones after death or their families consent to organ and tissue donation. Trained medical professionals carefully retrieve the bone tissues from deceased individuals, adhering to strict sterile conditions. The donated bones are then transported to AIIMS Jammu's Bone Bank.

At the bone bank, meticulous procedures are implemented to ensure safety and quality. Thorough cleaning and sterilisation processes are conducted to eliminate potential contaminants and infectious agents. Preservation techniques, such as deep freezing, are employed to maintain the viability and structural integrity of the bone grafts over an extended period.

Contrasting Autografts and Allografts in Surgical Procedures:

Autografts, involving the use of a patient's own bone, are considered the gold standard in orthopaedic surgeries due to



Reconstruction using massive allografts after resection of the bone tumour (osteosarcoma).

their high success rate and compatibility. However, harvesting the patient's bone requires an additional surgical procedure, which can lead to pain, scarring, and potential complications at the donor site. Autografts may not be enough if there is a massive bone loss that has to be addressed.

In contrast, allografts obtained from a bone bank offer several advantages. They provide a readily available and sterile source of bone grafts, eliminating the need to harvest the patient's bone. This reduces surgical time and potential complications at the donor site. However, allografts may have a slightly lower incorporation rate compared to autografts.

Ensuring Safety and Quality in Bone Bank:

Safety and quality are of paramount importance in bone banking. AIIMS Jammu's Bone Bank adheres to stringent regulations and guidelines set by regulatory bodies such as the National Organ and Tissue Transplant Organization (NOTTO) and international organisations (WHO). Each donated graft undergoes meticulous screening for infectious diseases, including HIV, hepatitis, and other potential pathogens. Proper documentation and traceability are maintained to ensure quality control.

Surgical Procedures Utilizing Bone Allografts:

Bone grafts from AIIMS Jammu's Bone Bank find extensive use in various surgical procedures. Joint replacement surgeries (primary and revision), such as hip or knee replacements, benefit from grafts that fill defects or reinforce weakened areas around the prosthetic joint,

improving stability and long-term success. Spinal fusion surgeries, addressing certain spinal conditions, also utilise bone grafts for optimal results. Moreover, bone grafts are crucial in nonunions, complex trauma cases with massive bone loss, and reconstructive surgeries for bone tumours.

Storage Duration and Viability of Bone Grafts:

Generally, with proper techniques, bone grafts can be stored for several years, ranging from five to seven years, while maintaining their viability and structural integrity. This extended storage duration ensures ample grafts for timely orthopaedic interventions.

Potential Risks and Mitigation Measures:

While bone grafts from a bone bank are generally safe, it's essential to acknowledge the potential risks associated with any medical procedure. In rare cases, grafts may transmit infections or trigger immune responses. However, the rigorous screening and processing protocols employed by AIIMS Jammu's Bone Bank will significantly minimise these risks. Patients are advised to engage in thorough discussions with their surgeons to understand the potential benefits and risks associated with bone grafts.

Matching Donated Bone Grafts to Recipients:

Matching a donated bone graft to a recipient involves carefully considering several factors. Surgeons assess the size and shape of the graft to ensure compatibility with the recipient's anatomical needs. The specific surgical procedure, the defect or area requiring reconstruction, and the patient's unique anatomy are considered. AIIMS Jammu's Bone Bank evaluates the recipient's medical

history, including allergies and potential risks, to ensure the suitability of the graft.

Ensuring Safety and Quality for Patients:

Patients can ensure the safety and quality of their bone grafts by seeking treatment from reputable healthcare institutions like AIIMS Jammu. Experienced surgeons well-versed in performing these procedures and adherence to proper protocols for graft selection, screening, and surgical techniques are essential. Patients are encouraged to inquire about the bone grafts' source, processing, and sterilisation procedures to gain confidence in their safety and quality.

Precautions and Aftercare for Patients Receiving Bone Grafts:

Following the surgeon's instructions carefully is vital. This may include adhering to weight-bearing or physical activity limitations for a specific period to allow proper integration and healing of the graft. Patients may also require a prescribed rehabilitation program involving physical therapy or exercises to regain strength and mobility. Regular follow-up appointments are necessary to monitor bone healing progress and address any concerns or complications that may arise.

Graft Integration:

Bone graft integration refers to the graft fusing with the patient's bone, establishing a stable connection. After the graft is placed, bone-forming cells from the patient's body infiltrate the graft and deposit new bone tissue. The graft undergoes remodeling, gradually incorporating with the surrounding bone. The duration for full graft incorporation varies depending on factors such as the patient's age, overall health, and the specific surgical procedure. Generally, the process can take several months to over a year to achieve optimal stability and support.

AIIMS Jammu's Bone Bank is a groundbreaking initiative that will transform orthopaedic treatments in the region. With its state-of-the-art infrastructure, rigorous safety measures, and a dedicated team of medical professionals, Bone Bank is poised to revolutionise patient care. Providing safe and sterile bone grafts will empower surgeons to achieve better outcomes in reconstructive surgeries, restoring hope and mobility to countless needy individuals. The establishment of AIIMS Jammu's Bone Bank marks a significant leap forward, promising a brighter future for orthopaedic patients in the region.

(The author is Assistant Professor, Dept of Orthopaedics, AIIMS, Jammu.).

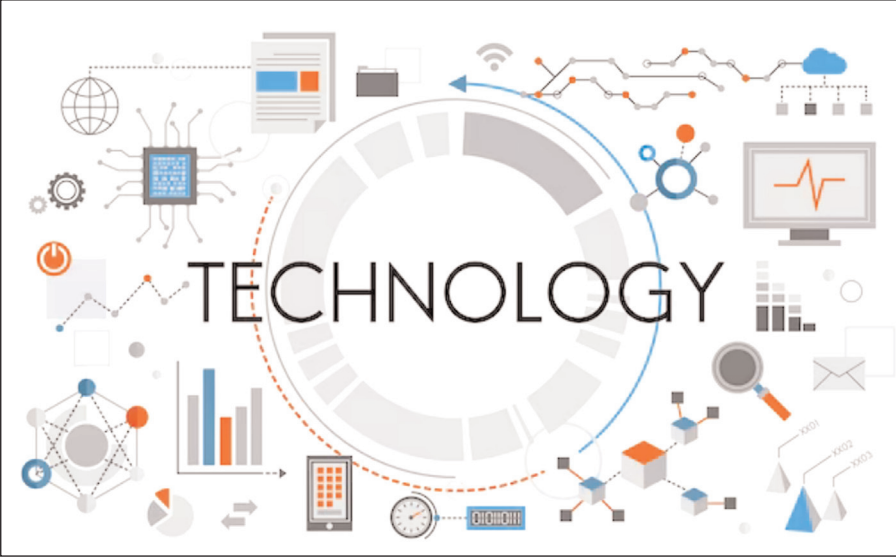
Technology need of the hour and it's pros and cons

What is Technology? Why it is needed? How much it is needed?

■ DR RASHPAL SINGH

Technology has been optimised in every walk of life now a days. Without technology we cannot imagine the progress of whole world. Remember your day when you don't have internet pack in your smartphone even if someone has highly configurated phones. Dependency on Internet is increasing day to day. Social media is spreading like anything. But without proper technological support nothing is possible.

Around in mid 1990s when Phone industry initiated in India a small hand set without Internet was around 45000 to 50000 and outgoing call was Rupees 17-20 per minute and even Rupees 10-12 for listening incoming calls. Slowly and steadily time changed and technology improved, developed and upgraded. Smartphone industry took the lead by enhancing their technology with modifications in the software . Many of the jobs that didnot require technology in the past years now do require the use of technology. Many homes have computers than in years past and increasing numbers of people know how to use them. Technology is being used by children and adults on a daily basis by way of web surfing, texting, social networking, interactive games, and in more ways. We are an evolving technological society and in different ways have become dependent on its use. Thus, the use of technology and teaching students have to use it has become a high priority in the public schools. Today, there is a common focus on raising student achievement while integrating technology as a tool. Policymakers and educators are using technology at large scale. Concept of E-Office in Jammu and Kashmir Civil Secretariat yielded good results which is a great initiative taken by the Chief Secretary Jammu and Kashmir Dr Arun Kumar Mehta. Although a large Scale Population still needs help of skilled



technicians to become equitant with latest Technology updates. Due to the large use of technology, and same revamped in teaching and learning process now a day with the onset of the Common Core Standards and their emphasis on technology, the use of technology will become an even bigger priority in schools, Colleges and Universities across the country. Technology may have a positive impact on student learning. But use of Technology should be optimum because this causes students to be more engaged before digital screens, avoiding Social relationships and getting behind Sports activities particularly in Urban areas, because of the arrival of new technologies rapidly, Students prefer Google Search Engines rather to consult Dictionary in order to find anything difficult in their studies. Spending much time on Smart Phones is also a great challenge for parents in these days. Smaller Children are more prone to smartphones who are playing online games like Papji, Graney, mind craft etc. which is damaging Eye Sight, weak-

er muscles, spine pains in children etc are the side effects happening around the clock. COVID 19 was the triggered factor. Even Children are busy at Screen even taking meals. Mothers are choosing easier ways to get rid of their children while providing them smart phones. Technology is providing hands-on learning opportunities that can be integrated into all school curricular areas, including mathematics, Science, Social Sciences, languages, Arthematic, environment etc are the ways in which they engage themselves with the world. Technology can transform the classroom into an interactive and effective learnings.

Technology is a powerful contributor to learning if it is used properly and in meaningful ways and This can be a particularly effective tool for English language learners and can enhance the participation of children with disabilities. Children in elementary schools should begin to use familiar technology tools as a part of their academic program but limits are required. Teachers should

model the use of technology in support of the curriculum so that children can see the appropriate use of technology and benefit from exposure to more advanced applications that they will use independently when they are older. Many studies have shown the advantages of using technology in classroom instruction. Technology can be used as a tool for establishing meaningful projects to engage students in critical thinking and problem solving. Technology can be used to restructure and redesign the classroom to produce an environment that promotes the development of higher-order thinking skills. Technology is a big part of people's daily lives, and this has become a vital part of life as people are surfing on internet to get any details. Technology has become a great tool in increasing yield of crops across the country. Department of Agriculture is using this tool in both rural as well as urban areas. Technology is capable of unlocking keys of learning with all students. This includes students with special learning needs. One of the leading NGO Pratham Foundation of Education is using best usages of technology for the benefits of Students and Teachers across the UT of Jammu and Kashmir. The Etiwanda School in California USA has implemented a technology integration program. Teachers received technology training and then began integrating technology into general education lessons on a daily basis. This programme also included a practical technology support plan for teachers and works with students with special needs. This plan enabled teachers to help these students by weaving technology resources into instruction in meaningful ways. Ministry of Education Govt. Of India, NCERT New Delhi, SCERT Jammu and Kashmir are playing a very important role in the integration of technology with studies of Students.

(The author is Sr lecturer DIET Kud).

YOUR COLUMN ONLY ONE INDIA

Dear editor,

There should be only one India. That is and should be our proud nation. There are many parties in which 'India' forms part of the name. To mention a few, Indian National Congress, Communist Part of India, All India Forwar Bloc, Indian Union Muslim League. But absolutely there is and was no objection for using India as part of the name of a political party. The demise of UPA has given birth to INDIA. If INDIA as group of parties is disbanded, it should give no room to use the bad word

against it. The combination of 26 political parties has named itself INDIA. If the group of 26 parties fails to attain the majority to form the government, then it does not look fair to say INDIA lost. There is credit war for naming the group of parties INDIA. Congress claims Rahul Gandhi named it as such and TMC claims Mamata Banerjee named it as such.

There is speculation that Nitish Kumar was reluctant for this name. But he has not expressed it anywhere for the fear of taking blame for not co-operating with other parties ab initio. He is also unhappy at not making him the convener of INDIA. But he cannot muster courage to express his unhappiness. Moreover, he has Prime Ministerial ambition. It is natural that he prefers to be non-controversial to build a 'good' image among the coalition partners. There are many

other contenders for the post of Prime Minister like Mamata Banerjee, Arvind Kejriwal, not to speak of Rahul Gandhi even though AICC President Mallikarjun Kharge says that his party is not eyeing on Prime Ministerial post. BSP chief Mayawati has been maintaining low key and she is undecided whether to join INDIA or NDA. Social media is agog with the news that objection has been raised and complaint has been lodged in a few police stations against the use of word 'INDIA'. It is a fit case to take the issue to the Election Commission and if need be to the court. If the issue is resolved, it would enable 'INDIA' to change its name in its third conclave taking place in Patna. India should exist only as a nation, not as a political party or group of political parties.

K.V. SEETHARAMAIAH.